

## Men's Health



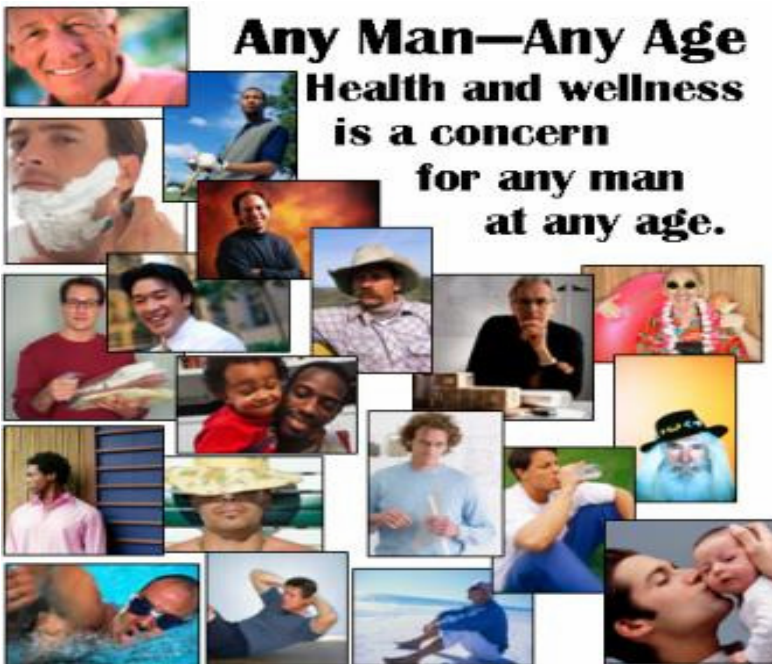
Modern health trends have gradually shifted from medication and treatment in response to illness to a culture of health and wellness that encourages preventive

measures and healthy lifestyles.

Education and awareness of gender specific health concerns has positively affected women's health for years. By putting the spotlight and focus on health issues specific to men, the same positive health trend can be expected.

An important step, for men, toward preventive medicine is awareness of certain health issues that can be detected early by regular check-ups and screenings or eliminated all together by a healthy lifestyle.

## Men's Health – What's the risk?



There are 10 leading causes of death that American men should be concerned about and gain a better understanding of each. Once men understand what they should be protecting themselves from, it becomes easier to reduce the risk. Nearly 80

percent of men died from heart disease or one of the nine

other leading causes of death according to the Centers for Disease Control and Prevention (CDC) in 2003. Life expectancy for men is shorter than women by 5 years. Men live on an average of 74.8 years and women 80.1 years.

The factors below may vary based on ethnicity. However, the primary goal is to exercise regularly, eat healthy foods, avoid smoking and get routine check-ups. By taking these preventive steps, men can enhance their physical well-being and decrease their risks.

### **Number 1 - Heart Disease**

Avoid smoking or using tobacco products, exercise 30 minutes a day, get routine screenings for [cholesterol](#), [blood pressure](#) and eat nutritional foods such as fruits and vegetables.

According to "Circulation: Journal of the American Heart Association", Regardless of their cholesterol level, men can cut their risk of dying from cardiovascular disease in half by being physically fit. This fitness can be achieved by four – five 30 minute segments of activity per week or the equivalent to walking 130-138 minutes per week.

### **Number 2 - Cancer**

Avoid smoking or using tobacco products, drink alcohol in moderation, limit exposure to the sun and use sunscreen, reduce exposure to carcinogen or cancer causing agents, get routine preventive screenings and know family medical histories.

What men need to know about [Cancer](#) 

### Number 3 - Unintentional Injuries


Practice safety by using a seat belt, driving the speed limit, don't drive if sleepy or under the influence of alcohol. Read instructions thoroughly before taking any form of medications.



Learn more about Kentucky's Safety Programs.

### Number 4 - Stroke

Lower consumption of saturated fat. Get your cholesterol checked regularly, don't smoke, control diabetes, and maintain a healthy weight, drink alcohol in moderation, exercise at least 30 minutes a day and manage stress.

Learn more about risk factors for [Stroke](#)  by visiting the American Heart Association.

### Number 5 - Chronic Obstructive Pulmonary Disease (COPD)

Avoid smoking or exposure to secondhand smoke. Limit exposure to workplace chemicals.

What is [COPD](#)? Learn more, breath better.

**Finally...**

## **Number 6 - Diabetes**

Eat a healthy diet including fruits, vegetables and low fat foods. Maintain a healthy weight, get your fasting blood sugar level checked regularly, know the history of diabetes in your family and get the recommended 30 minutes of exercise daily.

Learn more about [Diabetes](#) 🇺🇸 and how it could affect you.

## **Number 7 - Influenza and Pneumonia**

Get immunized yearly with the pneumococcal vaccine.

The Center for Disease control has comprehensive information on it's website pertaining to [Influenza](#) 🇺🇸.

Information on [Pneumonia](#) 🇺🇸 can be found on the American Lung Association's website.

## **Number 8 - Suicide**

Seek professional treatment for symptoms of depression: feelings of worthlessness, loss of interest in activities or work, fatigue, irritability, sleeping difficulties, loss of appetite, sadness, excessive guilt, and thoughts of death and/or substance abuse.

If you are experiencing one or more of these symptoms and would like to seek help, the Kentucky Employee's Assistance Program, [KEAP](#), offers confidential programs that can help.

## **Number 9 - Kidney Disease**

Drink plenty of fluids, exercise regularly, don't smoke, maintain a healthy weight and diet, reduce the use of over-the-counter pain relievers and take all medications as directed.

The National Kidney Foundation's website provides a complete overview of [Kidney Disease](#) 🇺🇸.

## Number 10 - Alzheimer's Disease

Exercise regularly, control blood pressure, keep cholesterol levels in a normal range and maintain a healthy weight.

The Alzheimer's Association Website provides a wealth of knowledge about [Alzheimer's Disease](#) and the research being done for treatments and possibly a cure.

### Tips for creating a healthier lifestyle...

The Center for Disease Control has a website that offers several beneficial [Tips for a Healthy Lifestyle](#).

### Sources

CDC Cancer Burden Fact Sheets, 2004

American Cancer Society Facts & Figures, 2003

MayoClinic.com - Men's Health - Men's top 10 health threats: Mostly preventable.

American Lung Association - lungusa.org

American Diabetes Association - diabetes.org

American Heart Association - americanheart.org

Alzheimer's Association - alz.org

Center for Disease Control - cdc.gov

National Kidney Foundation - kidney.org

National Heart Lung and Blood Institute - nhlbi.gov

American Cancer Society - cancer.org